

NEWSLETTER

Telegraph Point Public School

177 Mooney St, Telegraph Point, NSW. 2441

Ph: (02) 6585 0224 Fax: (02) 6585 0550

Term 2, Week 5

31st May, 2018

CALENDAR

Week	Date	Event	Time
5	Friday, 1 st June	Questacom Science	K-2 12noon-1pm 3-6 1.45-2.45pm
6	Monday, 4 th June	LNC Cross Country - Kempsey	
6	Wednesday, 6 th June	Grip Leadership Day	
6	Friday, 8 th June	Pirate Day Library Van Parliament	



Email: telegrappt-p.school@det.nsw.edu.au

Website: www.telegrappt-p.schools.nsw.edu.au



From the Principal's Desk ...

'Let us be grateful to the people who make us happy; they are the charming gardeners who make our souls blossom' Marcel Proust

Questacon Science Circus

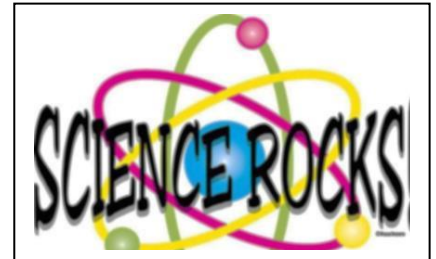
This Friday the Shell Questacon Science Circus will be visiting the students at Telegraph Point PS. The Shell Questacon Science Circus involves Science Graduates from across NSW bringing lively presentations of science to towns and schools across regional Australia while they study for a Master of Science Communication Outreach.

Questacon Science Circus shows are as follows:

Infants (K-2) – 12pm-1pm

Primary (3-6) 1.45pm -2.45pm

There is no cost for the students to participate.



No Assembly This Week

Due to the Questacon Science Circus visiting our school on Friday, there will be no assembly this week. The next assembly on Friday 8th June will be the sitting of Parliament starting at 2pm.

Pirate Day

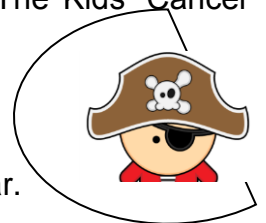
Next Friday 8th June is the official date for Pirate Day. Pirate Day Friday is an annual national day of dressing up to raise awareness and much-needed funds for childhood brain cancer. Funds raised on the day are allocated to scientific studies to find better treatments and ultimately a cure for the disease through The Adventurers and The Kids' Cancer Project.

In exchange for a gold coin donation, our students are encouraged to dress up as a pirate for the day.

Every dollar raised through Pirate Day Friday is allocated to scientific studies focused on childhood brain cancer through The Adventurers in Western Australia and The Kids' Cancer Project in all other Australian states and territories.

Did you know:

- More than 190 children aged 1-14 die from cancer in Australia each year.
- Almost half of these deaths is related to a child with brain cancer.
- In 2017, the Australian government expected brain cancer to be the third most commonly diagnosed cancer in people aged 0-24.



Professional Learning

Last Monday, our teachers started the professional learning course – Understanding Autism Spectrum Disorders. This course requires teachers to undertake 9 hours on face – face learning as well as another 11 hours of online learning.

In public schools across metropolitan, rural and remote New South Wales, innovative computer based professional learning is supporting teachers to meet the learning and support needs of students with disability and additional learning needs.

Bus Lines and School Pick Up

To ensure the safety of all students going home at the end of the day, we ask that all students who catch the bus sit down in their bus lines as soon as the bell rings. Similarly, all students who are getting picked up by their parents/caregivers we ask that they also sit down in their allocated line as soon as the bell goes.



It is appropriate that once parents have picked up their child at the end of the school day that they make their way to the outside perimeter of the school. This will assist the teaching staff to fulfill their duty of care obligations ensuring that all students arrive home safely. Your assistance in this matter is greatly appreciated.

Cross Country

The students aged 8 Years and over who placed in the top four have been invited to participate at the Lower North Coast District Cross Country Carnival to be held on Monday 4th June.

Dental Visit

On Friday 15th June, the Dental, Medical, Mobile Service will be visiting Telegraph Point PS. Some of the program involves:

- Dental education about the importance of oral hygiene, tooth brushing and diet habits.
- Comprehensive Oral Examination
- Topical application of tooth mouse (decay prevention).

School Excursion- Great Aussie Bush Camp

Please see below for a report on the Great Aussie Bush Camp, and some more photos.

P&C Meeting

The next P&C meeting will be held next Monday 4th June at 6pm in the school library. At this meeting the P&C will nominate and elect office bearers for the following positions:

- President
- Vice President
- Secretary
- Treasurer

We have a busy semester ahead and I would love to have input and involvement from as many families and community members as possible.

Visitors to the school

It is a requirement that all parents, caregivers and community members who are visiting the school during school hours are asked to sign in at the front office.

Library

Library days and times are as follows:

Kindergarten – Mondays at 12.30pm

2/3 – Tuesdays at 2.00pm

5/6 – Fridays

1/2 – Fridays at 11.30am

4/5 -Tuesdays at 12.30pm



School ENews

We are looking forward to another great year. As always, we expect each term to be very busy, full of wonderful opportunities for our students. I encourage all families to read the newsletter each week as this is our primary means of communicating with you and informing you of school events. If you have not previously registered for School Enews, please do so as soon as possible. It is an easy process and will allow you to receive the newsletter and notes via email or app. Details on how to register are included in this newsletter.

Financial Assistance

Please remember that if you require financial assistance to help pay for any school activity this year, to come and see me. We have a number of ways in which to help and please rest assured, all details are kept totally confidential. We would like to see all students involved in our planned activities and if finance is a problem please make contact.

I am looking forward to meeting with you and discussing the educational needs of your children and working together to provide a quality education for all students at Telegraph Point Public School.

Duncan Adams,
Principal

The Great Aussie Bush Camp

Last week 4, 5 and 6 went on a very important excursion to The Great Aussie Bush Camp. We were split into two different groups for the four days. Group one was 5/6, our group. Our instructor was Lisa.



On the first day we had staple climb. This was great because you had to get strapped into a harness and put a helmet on. In our group we had Eli, Ella, Millie, Bailee and Mr Chalmers. So you had to climb up this telegraph pole and when you got to the top you had to ring a bell. Our instructor Lisa was away that day so we had to have this other guy named James he was alright but Lisa was better the next activity was bush crafts this was fun as well. First we got split in two groups (girls vs. boys). Then we had to collect fire wood to build a fire (the girls definitely won), we actually built the fire to cook the damper on. Next we built tepees in the same groups and then tested if they were waterproof, (the boy's one looked the best but girls was more waterproof). For the night activity we had commando spotlight it was fun and most people enjoyed it (apart from the teachers jumping out and scaring us to death especially Mr Chalmers).

On day two first up we had the dual flying fox this came in second place for the favourite activity. In this one we had to get strapped into a harness as well and a helmet. Then we climbed up a very tall tower to get hooked in then you would jump off and when got to the end people would grab your feet to stop you. The next activity was pioneering - we got split in the same groups as before (girls vs. boys) first we built a sling shot/catapult (the boys won). Then we had to build a chariot and raced them (the boys won again). Then we had the giant swing; it was most peoples favourite. It was 15m high, your class mates would pull you up to the top if you wanted to (everyone made it to the top except Ella, Geordie and Jordy) you would then pull a red rope very hard and you would drop. For the night activity we had movie night; we chose to watch Big Hero 6. Everyone enjoyed it, except for the uncomfortable seats.

On the third day we had sand dunes but the sand dunes were closed. So we had to go to a rainforest. This rainforest wasn't any ordinary rainforest it was one of three saltwater rainforests in Australia and one of seven in the world. Then we went to Jimmies beach for some fun in the sun. We were playing beach games and having sand castle competitions, while some people were swimming and playing soccer. When we went back to camp we did archery, we liked it very much but some people liked other activities better. We played three games in archery, the first one was the Olympics, the second game was bake a cake and the last game was shoot an apple. Next we had rock climbing. A lot of people made it to the top. Then we had canoeing. This was fun, we played three games. First we played cowboys and cows, and then we played a game against our instructor Lisa - we had to get three balls in her canoe however we only got two balls in, so she got to draw moustaches on all of us. That night we had County Fair we got to run our own stall - our stall was sumo wrestling and jumping castle.

On our last day we had fencing which was so fun it! It is Spanish sword fighting but the words are French and the French take all the credit so most people think its French. At the end Mr Chalmers dominated everyone. Then we did high ropes most people enjoyed it. So you had to get strapped into a harness and go around an obstacle course in the sky. Then you could choose to go down this lame flying fox that went so slow or you could choose to go round the course again. After that we went and had some lunch then people that bought money could go to the souvenir shop. Then we got on the coach all the way back to Telegraph Point. We arrived back at 3:15pm.

By Eli Greenwell and Ella Hughes

More Photo's from the Great Aussie Bush Camp!



SIGNED DC GREEN BOOKS!

After DC Green's terrific author show, students can still order DC's books through the school. Students simply have to bring envelopes to the office with money inside and, on the front, their child's name(s) plus which books they wish to purchase. They will then be sent a personally signed book!

All DC's books cost \$15 except for *Three Little Surfer Pigs* which has been slashed to \$10 and the two *City of Monsters* books (\$19 each).

Students who buy more than one book will receive a free signed poster!!

Buy all three Erasmus James books for just \$35, the two monsters books for \$35, or all seven DC books for a mere \$95!!!

Simply bring in an envelope to the school with money inside and the title(s) of DC's books on the front of the envelope.

Three Little Surfer Pigs

A hilarious picture book of the classic fairy tale, featuring gorgeous art by Simon McLean. Ten per cent of all proceeds go to CanTeen Australia. \$10.

'Evilly entertaining.... The rhyme is great fun!' – Sally Odgers.

Erasmus James and the Galactic Zapp Machine

Erasmus James zapps to a world where humans, ninja horses and mutant chooks live in peaceful harmony. At least they all did ... until Erasmus makes a deal that could lead to galactic war! \$15.

Ages: 8+

'An awesome read from the literary giant of surf journalism!' – Australia's Surfing Life.

Erasmus James, King of Kid's Paradise

Erasmus James zapps to a tropical world where adults are banned, there are no rules and all the other kids want him to be their king! But what is the dark secret that lurks beneath Kid's Paradise? \$15.

'Far out, funny and fabulous!' – CoastKids magazine.

Erasmus James and the Grat Siege

Grats! Giant rats!! – surround my castle. My troops defend bravely. My mates - mutant chooks, ninja horses and grommets - are also out-numbered, starving and stinky. They turn to me for inspiration. To Erasmus James, the boy who doomed the universe! \$15

'Hilarious and action packed... an unforgettable book.' – Kids' Book Capers.

Stinky Squad

Oztrailer has mysteriously turned into a nation of brain-eating zombies. The only hope is five teens with revolting superpowers like acid vomit and super-sticky pimple pus: Stinky Squad! Ages: 10+. \$15.

'A very, very funny book.' – HG Nelson, This Sporting Life.

Monster School

Monster School is packed with mafia goblins, joker giant spiders, socially-challenged zombies, and snarky vampires. Humans are the endangered species! \$19. Ages: 10 +

'A wild, wise-cracking ride.' – Ian Irvine.

Goblin Mafia Wars

PT and the Dead Gang must find the last dragon eggs, prevent a mafia goblin war and save the world – again! Featuring the most awesome female characters in fantasy history. \$19. Ages: 10 +

'A monster mash of hilariously epic proportions!' – Just So Stories.

P&C News

New Committee Members Needed

As of 14 May 2018 all positions on the P&C have been declared vacant.

At the next P&C meeting on [Monday 4 June 2018](#), nominations will be called for these positions – President, Vice President, Secretary and Treasurer.

If these positions are not filled, the P&C will cease.

Social Media

As of Monday 14 May 2018 the Telegraph Point Public School P&C will be deleting all Social Media pages. If you need information about an event or issue at the school please contact the school direct on (02) 6585 02 24 or talk to your child's classroom teacher. All traditional school communication outlets (such as the Official School Website and Enews) will continue to operate as normal.



Have you downloaded our free school app?

[Easily access all newsletters, reminders, notes and receive emergency alerts.](#)

Subscribe for email updates

1. Visit our website at www.telegrappt-p.schools.nsw.edu.au
2. Click the "Newsletters and Notes" heading (top menu)
3. Click on "Subscribe to receive newsletters and notes."
4. Under the "Subscribe" heading, tick the "Newsletters List" and the appropriate year lists for your children
5. Enter in your name and email address.
6. Click Subscribe
7. IMPORTANT: An email will be sent to your email address, you MUST click the "Activate Now" inside this email that is sent to you.

Get school news via an app

Download the app called "School Enews". Open the app and search for "Telegraph".

1. iPhone and iPod Touch app: <http://iphone.schoolenews.com.au>
 2. iPad app: <http://ipad.schoolenews.com.au>
 3. Android app: <http://android.schoolenews.com.au>
- All other phones: <http://webapp.schoolenews.com.au>

Telegraph Point Public School Canteen Menu – 2018



Open Thursday Only



HOT FOOD

Party Pies	\$0.80	Mini Sausage Rolls	\$0.80
Lasagna	\$3.00	Pizza Ham&Pineapple	\$2.00
Chicken Nuggets or Fish Cocktails		Noodle Cup	\$2.00
4Pack	\$1.50	Chicken & Corn Roll	\$2.00
8Pack	\$3.00	Tomato or BBQ Sauce	\$0.20
Mac & Cheese	\$3.00	Honey Soy Chicken & Rice	\$3.00

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No Order Bag a Charge of \$1.00 per order is to be included.

DRINKS

Oak Milk 300ml	\$2.00	Chocolate, Strawberry, Vanilla
Juice Poppers	\$1.00	Apple, Apple/Blackcurrent, Orango/Mango
Water Bottle	\$1.00	

TREATS

JJ Chicken Chips	\$1.00	Red Rock Honey/Soy Chips	\$1.00
TNT Icy pole	\$0.50	Yogo Snap	\$0.50
TNT Sour Stick	\$1.00	Jelly Sticks	\$0.20

TO ORDER:

1 On a paper sandwich bag write:	Name	Class	
	3 pies		\$2.40
	1 tomato Sauce		\$0.20
	1 Choc Milk	\$2.00	Total \$4.60

2 Place money in the brown sandwich bag

3 Child to place sandwich bag in black mail box on left side of the stage on arriving at school

4 If you would like for your child to buy a treat after lunch, send them with a small amount of money to buy their treat. This gives the children the confidence to purchase items from a shop on their own.

Any questions please contact the School on 65850224 or Tracy Wilcox 0414 855 60.

New Volunteers would be great, please give me a call.

Thanks Tracy



Nutrition Snippet

The simplest way

...to help your family eat well.

At Cancer Council NSW we're passionate about helping families eat well!

Sign up to one of our **FREE** Fruit & Veg Sense workshops for parents at your local school.



In our free 60-minute sessions, you will learn:

- How to save money.
- How much is a 'serve' of fruit and veg and how many serves do we need?
- How to save time with easy, family-friendly recipe ideas.
- Strategies to manage fussy eaters.
- How to improve the long-term health of your family... and much, much more!

Register at eatittobeatit.com.au – if there aren't any sessions scheduled at or around your school, put your name on the waiting list and we can schedule one.

For more information visit
www.eatittobeatit.com.au
or join us at facebook.com/eatittobeatit



Nutrition Snippet

The simplest way

...to stock lunch box basics.

Stocking the fridge, freezer and pantry with lunch box staples really helps with preparing quick and easy healthy lunches. It can also help save time during the morning rush!



Suggested lunch box staples include:

- Dried fruit – apricots, banana chips, currants, sultanas, raisins, dates
- Canned fruit in natural juice
- Baked beans
- Canned cannellini beans, chickpeas and lentils
- Pepitas
- Canned tuna or salmon
- Cheese block – cut into cubes or slices.
- Wholegrain crackers
- Crispbread or corn thins;
- Long-life milk poppers;
- Cottage cheese
- Hummus
- Natural yoghurt tubs
- Boiled eggs
- Healthy baked snacks from the freezer
- Wholegrain pasta
- Wholegrain/wholemeal bread and wraps.

For more information visit
www.eatittobeatit.com.au
or join us at facebook.com/eatittobeatit



Nutrition Snippet

The simplest way

...to make sandwiches more exciting!

Making small changes to lunches can make a big difference to the overall nutritional value and make them more exciting for your kids to eat. Here are our top tips:

Try different breads – wholemeal, wholegrain, rye, soy and linseed, sourdough, rolls, pita, Lebanese or Turkish.



Try a variety of different fillings – vegetarian, lean meat or fish. Combine the following tasty sandwich fillings and spreads:

- Salad.
- Vegetables – lightly grilled or roasted.
- Lean meat e.g. roast beef, lean skinless chicken breast or turkey.
- Fish - tinned tuna, salmon or sardines (in springwater or brine).
- Tabouli.
- Egg.
- Tasty cheese.
- Banana.
- Healthy spreads e.g. avocado, hummus, mayonnaise, cottage or cream cheese, mustard, chutney, pesto or salsa.

Visit healthylunchbox.com.au for recipes & information you can trust.



SunSmart Snippet

The simplest way

...to use shade!

Shade is one of the easiest ways to protect yourself from the sun. Using shade can reduce your UV exposure by up to 75 per cent!

There are plenty of different types of shade including trees, tents and shade sails. All of these provide good protection from UV radiation.



Remember to lead by example!

Children learn from adults around them so make sure that you are seeking out shade when you go outside. Encourage children to think about where the shade is and move throughout the day to stay safe.

For total sun protection, make sure that you Slip, Slop, Slap, Seek and Slide whenever the UV is above 3.

To help keep your kids safe in the sun, check your schools SunSmart status by heading to www.sunsmartnsw.com.au

